



COON RAPIDS SENIOR SERVICES

Voice of Experience

MARCH/APRIL 2016

THE LOONEY LUTHERANS MONDAY, MARCH 21



A celebration of Spring at the Senior Center includes a fun show with a trio of wacky gals. The idea for the Looney Lutherans was cooked up in 2006 when the founding members were appearing in the cast of the hit musical *Church Basement Ladies* in Plymouth. All of these talented women have been performing for years as professional actresses, writers, singers, and improvisers. Their performance at our

show include a variety of segments on healthy living *the Lutheran way* including: the Lutheran "food wheel" (**all roads lead to hot dish**); a Lutheran rap ("**Eat Like a Lutheran**"); and Lutheran beauty tips. In addition, audience members are invited to play a fast-paced game show called POTLUCK. Using music, comedy, and some help from the audience, these gals share some age-old wisdom for living a long and healthy life, the Lutheran way. Doors open at 1:00 p.m. and the show begins at 1:30 p.m. The cost is \$10.00 and includes the show and refreshments. Sign up begins on Tuesday, March 1 at 9:00 and can be done in person or by calling the Coon Rapids Senior Center at 763-767-6473. Payment is due Monday, March 7. Sponsored by Walker Plaza.



FREE TAX SERVICE

NEW!! BY APPOINTMENT ONLY!!

CALL (763) 767-6473 FOR A 30 MINUTE APPOINTMENT

NOTE: Held on Tuesdays and Wednesdays through April 13. Property & Rent Refunds will not be done until May! Bring photo ID, last year's completed taxes, proof of social security and all forms needed to file. *For Seniors, Disabled Adults or Households with Low to Moderate Income. Held at Coon Rapids Civic Center.* This service is brought to you by AARP and the Retired Senior Volunteer Program of Anoka County.

MARCH IS FOOD SHELF MONTH

Senior Services is collecting food in March to help boost the local food shelf supply. Bring a non-perishable food item or cash donation and then we'll contribute it to the ACBC Food Shelf. Please bring your donations in before Monday, March 28. The more pounds and dollars that they receive during March, the larger their funding will be later in the summer! Let's do what we can to make a difference!

ATTENTION VOLUNTEERS SAVE THE DATE!

On Tuesday, April 19th, a special recognition will be held for our volunteers! Invitations will soon be mailed to those who recorded at least twelve hours of volunteer time in 2015 (Please note that there will be no regular activities on that day.) Mark your calendar and save the date!

DAY TRIPS

CALL (763) 767-6473



MILL CITY MOBS TOUR

THURSDAY, MARCH 31

Our first stop is lunch at DeGidio's restaurant in St. Paul. The restaurant was founded by Joe "Kid Bullets" DeGidio, a successful bootlegger during the late 1920's and early 1930's. It was a favorite watering hole for many of the most notorious mob figures during the gangster era. The Italian lunch includes an appetizer, salad, Mostaccioli with Tomato Sauce or Bowtie with Alfredo Sauce and choice of coffee or soft drink. Then we drive to Wabasha Street Caves to pick up our tour guide. This tour shows you the MiniApple when it was rotten to the core. Yes, there were Gangsters in St. Paul, but there were

rackets and mobsters in Minneapolis too. This 2-hour bus tour will tell you the stories and show you the sights on the other side of the tracks—or river. See the Holly Hocks, Liggetts murder locations and lots more. The Down in History Tour offers a unique alternative to the typical tour. This theme tour is narrated by a knowledgeable and historically dressed character guide to help you enjoy a blast from the past.

Sign Up: Begins 9:00 a.m. Tuesday, March 1

Cost: \$50

Payment Deadline: Monday, March 7

Bus: Depart at 10:30 a.m./Return 4:00 p.m.

MINNEAPOLIS WOMAN'S CLUB THEATRE

THE MARVELOUS WONDERETTES

THURSDAY, APRIL 14

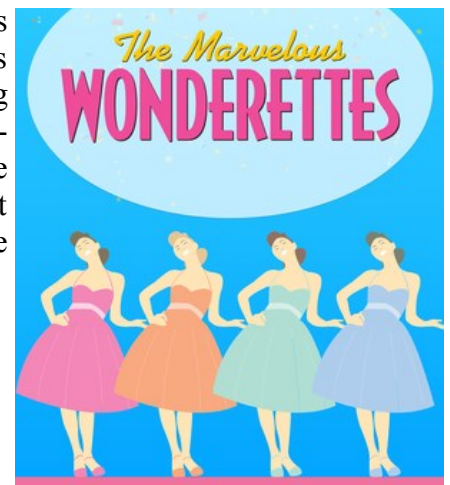
Join us for our first trip to the Minneapolis Woman's Club Theatre near Loring Park. Built in 1928, you will be in awe of this mansion's history and architecture. Enjoy your noon meal in one of its many dining rooms. The menu includes Herb-Crusted Chicken with Tarragon Cream Sauce, Roasted Baby Red Potatoes, Julienne Vegetables, Bread, Beverage and Chef's Choice of Dessert. Then move to the historic 600-seat theater for the show produced under the artistic leadership of Tim Stolz and Brian Pekol (formerly affiliated with the Old Log Theatre). This smash off-Broadway hit takes you to a 1958 High School Prom where we meet four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, the girls serenade us with classic '50s hits including "Lollipop", "Dream Lover", and "Stupid Cupid". In act two, the Wonderettes reunite to take the stage and perform at their ten-year reunion, where we learn about the highs and lows the girls have experienced in the past decade. Featuring over 30 classic '50s and '60s hits, this is a must-take musical trip down memory lane!

Sign Up: Begins 9:00 a.m. Tuesday, March 1

Cost: \$60.00

Payment Deadline: Tuesday, March 22

Bus: Depart at 11:15 a.m./Return 4:30 p.m.



DAY TRIPS

CALL (763) 767-6473 TO REGISTER

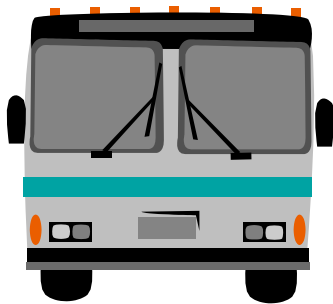
OVERNIGHT TRIP

JACKPOT JUNCTION CASINO

WEDNESDAY, APRIL 27—THURSDAY, APRIL 28

We're hooking up with Casino Get-Aways for an overnight trip to Jackpot Junction Casino in Morton, Minnesota. Motor coach departs the Coon Rapids Senior Center at 9:00 a.m., on Wednesday, April 27. Snack on the bus. Sorry no coffee. We'll arrive at the casino at approximately 11:00 a.m. and enjoy a few hours of gaming before checking into the rooms at 4:00 p.m. You will enjoy accommodations at the Lower Sioux Lodge (connected to the casino), complete with an indoor heated pool and spa! We'll depart the casino on Thursday, April 28 at 1:00 p.m. and arrive back in Coon Rapids around 4:00 p.m.

The price is \$55.00 per person (for double or triple occupancy) or \$80.00 per person (for a single room). In return, each person will receive \$50.00 back on their player's card. Payment deadline is Wednesday, April 6. Remember, this trip is subsidized by the casino and you are required to do some gambling. Payment



checks can be written to Coon Rapids Senior Services. Cancellation refunds after the payment deadline can only be made if a replacement is found to take your place. When you register, the casino requires that you provide your name, address, date of birth, roommate (s), room smoking preference and your casino card number (if you have one). The escort is from Casino Getaway & Tours. **Sign up begins immediately.** (Please note that all participants are required to park in spaces furthest from the building. Please do not park overnight in handicap spots. Thank you for your cooperation.)

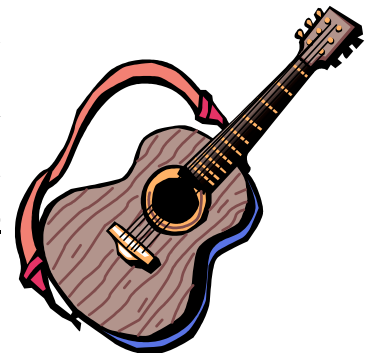
**The Anoka Lions Proudly Presents Their
28th Annual Country Music Show**

CARL ACUFF, JR. VARIETY SHOWBAND

ALSO STARRING JEANNIE KENDALL

SATURDAY, MARCH 12 AT 3:00 P.M.

This show has delighted audiences since 1992 with a variety of music, comedy and costuming. Carl uses Old Country, Gospel, Comedy, nostalgic Rock N Roll, Motown, impersonations and a salute to men in uniform to bring audiences to their feet. Jeannie Kendall made the Top 10 Hits List eleven times. Enjoy "Thank God for the Radio", "Heaven's Just a Sin Away" and "Sweet Desire". This concert takes place at the Anoka High School Auditorium (3939 7th Avenue, Anoka). Transportation is on your own. Coon Rapids Senior Services is selling tickets with excellent reserved seating, for the price of \$20.00 each. No phone reservations; just stop by Coon Rapids Senior Center anytime Monday thru Friday, 8:00 a.m.—4:30 p.m., **beginning Wednesday, February 24**, and purchase and pick up your ticket. The Lions return 100% of all proceeds from this event to community service projects!



CASINO TRIPS

Register in person or via phone at (763) 767-6473. Sign up begins immediately. Payment due one week in advance.

ST. CROIX CASINO

IN TURTLE LAKE, WI

FRIDAY, MARCH 18

Cost of \$6.00 includes snack, games, bus and host. Depart at 9:00 a.m. Return at 4:00 p.m.

HO-CHUNK CASINO

IN BLACK RIVER FALLS, WI

WEDNESDAY, APRIL 13

Cost of \$30.00 includes \$35.00 back on your card, snack, games, bus and host. This is a 2.25 hour drive. Depart at 9:00 a.m. and return at 6:00 p.m.

ATTENTION:

Please note that ALL casinos require your casino card number in advance. If you do not have a card, please provide us with your date of birth and address. Then the casino will have a card ready for you upon your arrival. Casino trips are subject to change. Thank you for your cooperation.

LADIES SPRING TEA

**AT THE
SENIOR CENTER**

FRIDAY, APRIL 29

Yvonne Cory presents "Joys and Tears in the Apron Strings". With a collection of 1000 heirloom aprons, Yvonne does a variety of programs highlighting the history, artistry and stories of aprons. In her program *Half Apron Fun*, she will talk about the predominate time-period for this style during the 50's and 60's. See a variety of aprons and learn about the fabrics, designs, shapes and stories. Wear your own collectable apron for the tea. Our tea will be served after the presentation. Floyd and Ann Kusie will serve an array of delicious savories. Please bring a teacup and saucer if you have one. Doors open at 10:30; program begins at 10:45. Seating is limited. The



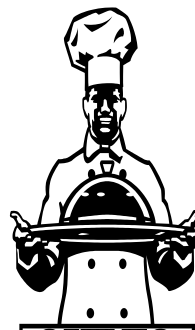
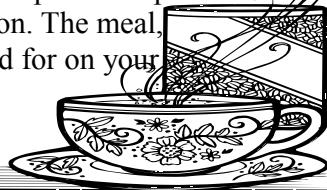
cost is \$10 payable by Friday, April 15. Registration begins on Tuesday, March 1 at 9:00 a.m.

RESTAURANT CLUBS

BREAKFAST BUNCH

FRIDAY, MARCH 11

Join us at Carol's for a tasty breakfast. The bus will pick you up and drop you off at your home for a donation of \$2.00. Or you can meet the group by **8:30** at the restaurant located at 11888 Aberdeen St. NE in Blaine. Please indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.**



**OUT TO
DINNER**

OUT TO DINNER

MONDAY, APRIL 25

Enjoy a night out for a wonderful dinner at Applebees. The bus will pick you up and drop you off for a donation of \$2.00. Or you can meet the group by **4:30** at the restaurant located at 3470 129th Ave. Indicate your transportation preference at the time of registration. The meal, tax and gratuity are paid for on your own. **Sign up begins immediately.**

NOTE: It is important that you sign up with the senior center (even if you drive on your own) so we can let the restaurant know how many spots to set up.

HEALTH & WELLNESS



LIVE 2B HEALTHY Fitness Class

**Mondays, Wednesdays & Fridays
8:30-9:30 a.m.
FIRST SESSION FREE!**

Improve flexibility and balance while increasing muscular endurance. Led by a certified instructor. Classes are \$35.00 per month, but there's no cost to "SilverSneakers" or "Silver and Fit" members. Now accepts most Blue Cross Blue Shield, Medical and Health Partner Plans. First session is free. Bring your insurance card to determine if you will get a discount in the future.

TAI CHI

Shibashi Tai Chi means 18 movements. Learn about Tai Chi through these gentle stretch movements that will help relieve stress, gain balance and flexibility, and connect your breath to the flowing movement. Wear comfortable clothes and shoes. Instructed by Karine Platt. Sign up begins immediately. Call (763) 767-6473.

CONTINUING CLASS

Mondays at 3:20 p.m.

March 7, 14, 21, 28 & April 4, 11, 18 & 25
8 Sessions—\$48.00 (Due at 1st session)

BEGINNERS CLASS

Fridays at 9:40 a.m.

March 4, 11, 18 & April 1, 8, 15, 22 & 29
8 Sessions—\$48.00 (Due at 1st session)

ARTHRITIS TUESDAY, MARCH 22 1:00 P.M.

Join us in learning more about arthritis and how to prevent and treat its symptoms. The presentation will be led by your local CUB Pharmacist.



YOGA

Join this free weekly group led by volunteers. No experience needed; the class is open to all. The group meets every Friday at 10:15. Wear comfortable clothing. Mats are provided. No registration is required—just drop in.

FOOTCARE SERVICES

Mary T. Home Health provides foot care services each month at the Senior Center. This includes a foot soak, nail trim and care of corns and calluses by a nurse. Appointments can be made by calling the Coon Rapids Senior Center at (763) 767-6473. The cost is **\$22.00** and is payable to *Mary T. Inc.* at the time of the appointment. **Bring your own towel.**

PARKINSON'S SUPPORT GROUP COON RAPIDS SENIOR CENTER

THURSDAY, MARCH 10 AT 1:00 P.M.: FIVE WISHES (An easy to use and understand Living Will document.) Speaker Jill Agyekum, Coordinator of Family Caregiver Connection.

THURSDAY, APRIL 14 AT 1:00 P.M.: DEMENTIA & PARKINSON'S. Speaker Okeanis Vaou, MD, Neurologist. Noran Neurological Clinic PA, Minneapolis.

Everyone Welcome. Coffee Provided. Drawings.

Questions? Feel free to contact Facilitator Milo Hartmann (763) 755-2175.

LIFELONG LEARNING - CALL (763) 767-6473 TO REGISTER

Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. **These classes fill up early.** Call (763) 767-6473 to register.

4-HOUR REFRESHER COURSE: \$20.00

Monday, March 7: 5:30 p.m.—9:30 p.m.

Monday, April 4: 8:30 a.m.—12:30 p.m.

Monday, April 11: 5:30 p.m.—9:30 p.m.

Monday, May 2: 8:30 a.m.—12:30 p.m.

Monday, May 16: 8:30 a.m.—12:30 p.m.

8-HOUR COURSE: \$22.00

March 14 & 21: 8:30 a.m.—12:30 p.m.

PLEASE NOTE:

Classes are also now offered on-line! Sign up at
www.minnesotasafetycouncil.org

A Slideshow Presentation

YELLOWSTONE AND BIG SKY, MONTANA

Monday, March 28 at 10:00 a.m.

OR Monday, March 28 at 1:00 p.m.

Join Kris Niebler as she shares a slideshow of her trip a couple of years ago to Yellowstone National Park, the Bear Tooth Pass and Big Sky, Montana. Wildlife, geysers and amazing scenery. No cost to attend, but please reserve a seat and specify which presentation you want to attend by calling (763) 767-6473.



MARCH TEA TALK

"THE SOLDIER'S AID SOCIETY"

WEDNESDAY, MARCH 2 AT 1:30 P.M.

The patriotic fervor that swept across the North when the first shots were aimed at Fort Sumter in 1861 did not just affect the men who enlisted in droves—women were caught up in the excitement of cause as well. Restricted by convention and society, the ladies of the North soon created a way they could support the war effort in a new and highly organized system, the U.S. Sanitary Commission. The root of this vast network of women was the Soldier's Aid Societies and nearly every community had one. This living history presentation shares stories of their work and the results of what these determined women accomplished. Presented by the Anoka County Historical Society. Refreshments will be served after the presentation. The cost is \$3 payable by Wednesday, February 24. **Sign up begins immediately.**

APRIL TEA TALK

"OJIBWE SEASONAL LIFE"

WED., APRIL 6 AT 1:30 P.M.



Imagine an Ojibwe village in 1800 and live a whole year in the life of the Ojibwe in fast forward. The presenter covers highlights from each season and brings objects such as furs, birch bark and a hunting bow. The Ojibwe Indians lived in Minnesota for hundreds of years, and there are still over 80 tribes of native peoples represented in Minnesota. The program also includes the fur trade history and explores the global business that influenced both white and native cultures. Fur trades included manufactured goods such as kettles, blankets and fire starters that traders brought from around the world. Presented by Mercedes Tuma-Hansen, an educator specializing in American Indian history and the environment. Refreshments will be served after the presentation. The cost is \$3 payable by Wednesday, March 30. **Sign up begins immediately.**

LIFELONG LEARNING

Sign up begins immediately by calling the Senior Center at (763) 767-6473.

LONG TERM CARE ON THURSDAY, MARCH 3 AT 2:00 P.M. 70% of all Americans age 65 and older will require long-term care at some point during their lifetime. This free workshop will discuss innovative ways to plan for long-term care. All attendees will receive a FREE copy of the book "Don't Go Broke in a Nursing Home". Elder Law Attorney, Kody B. Holker, will be the featured speaker.

"A VIEW OF THE MIDDLE EAST TODAY" ON MONDAY, MARCH 14 AT 1:00 P.M. This seminar will review events from the defeat of the Ottoman Empire in 1918 to present day conflicts in the Arab world. It will look at the creation of the individual countries in the Middle East and the way each has progressed to the present day. It will look at the different terrorist organizations and their impact on the world today. Instructor: Dan Hartman. The cost is \$3 payable by Monday, March 7.

"SEA AND STEPPE: ARTIFACT AND ART IN UKRAINE" ON TUESDAY, MARCH 29 AT 1:00 P.M. Ukrainian artists found themselves both separate from and a part of the artistic influence of Russian culture. Sometimes using their unique experience they became known as Russian artists; sometimes they remained distinctively Ukrainian. And sometimes they immigrated to Europe and the U.S. for an entirely different blend of cultural expression. This power point presentation prepares its audience for a deeper appreciation of the current exhibit at The Museum of Russian Art. Presented by Carol Rudie Veldman with The Museum of Russian Art. The cost is \$3 payable by Tuesday, March 22.

GENEALOGY CLASS—"CEMETERY RECORDS" ON THURSDAY, MARCH 31 AT 1:00 P.M. Where to look for cemetery records and what you might find. Instructor: Cathi Weber. The cost is \$5.00 payable by Thursday, March 24. (This class is re-scheduled from the January 21st date).

"DAYLIGHT SAVING TIME" ON MONDAY, APRIL 4 AT 10:00 A.M. Time zones and the standardization of time will be discussed. Remember when the United States did DST year round? How did warfare effect DST? Railroads and farmers have a say. Energy use during DST as well as dissenters from the practice will be considered. And finally a look at the clocks in my house. Presented by JB Andersen. Cost is \$3 payable by Monday, March 28.

"THE QUEEN'S PALACES AND CASTLES-PART I: BUCKINGHAM PALACE" ON MONDAY, APRIL 11 AT 10:00 A.M. Queen Elizabeth II owns three castles: Windsor, in London, Balmoral, in Scotland and Sandringham on the Isle of Wight. She as Queen, has the use of two more Buckingham, in London and Holyrood in Edinburgh. How does she manage all of that? The cost must be beyond calculation. Or is it? Instructor: Terry Kubista. The cost is \$3 payable by Monday, April 4. (Part II is in May and Part III is in June).

"PERSIAN GULF WAR" ON MONDAY, APRIL 11 AT 1:00 P.M. The Gulf War (2 August 1990-28 February 1991), codenamed Operation Desert Shield (2 August 1990-17 January 1991) was a war waged by coalition forces from 34 nations led by the United States against Iraq in response to Iraq's Kuwait. Kuwait's invasion by Iraqi troops was met with international condemnation, and brought immediate economic sanctions against Iraq by members of the U.N. Security Council. Instructor: Dan Hartman. The cost is \$3 payable by Monday, April 4.

GENEALOGY CLASS—"FINDING WOMEN IN YOUR FAMILY TREE" ON THURSDAY, APRIL 21 AT 1:00 P.M. Cathi Weber will give tips on locating women from your ancestry. The cost is \$5.00 payable by Thursday, April 14.

Mon


Tue



Wed

Thu

Fri

MARCH

1 Taxes Registration AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage eBooks	8:30-12:00 9:00 9:30 9:30 10:00 10:00 12:00 12:45 1:00 2:00	Taxes Vets Coffee Live 2B Healthy Mary T. Footcare Stamping Club Dining Spanish 500 Cards Bunco Good Neighbors Tea Talk	8:30-12:00 8:30 8:30 9:00 9:00 12:00 1:00 12:45 1:00 1:30	2 Taxes Vets Coffee Live 2B Healthy Mary T. Footcare Stamping Club Dining Spanish 500 Cards Bunco Good Neighbors Tea Talk	3 Goldentones Mary T. Footcare Dining Pinochle Bingo Woodcarving Spanish JFK Series Long Term Care Speaker New Beg. Spanish	4 Live 2B Healthy For Art's Sake Tai Chi Super Senior Club Paramount Trip Yoga Hand & Foot Cub at Riverdale TBA
7 Live 2B Healthy Quilting Dining Chess Bingo Creative Writers Tai Chi Defensive Driving	8:30 10:00 12:00 12:45 12:45 1:00 3:20 5:30	8 Taxes History Center AA Meeting ACCAP Counselor Craft Club Stamp Cutting Dining Bridge Cribbage Masterpiece Book Club Watercolor	8:30-12:00 9:15 9:30 10:00 10:00 10:00 12:00 12:45 1:00 1:00	9 Taxes Live 2B Healthy Vets Coffee Mary T. Footcare Stamping Club Dining 500 Cards Bunco Good Neighbors	10 Goldentones Mary T. Footcare Crochet & Knit Dining Pinochle Bingo Woodcarving Parkinsons JFK Series	11 Live 2B Healthy Breakfast Bunch For Art's Sake Tai Chi Yoga Hand & Foot 12 Lions Concert
14 Live 2B Healthy Defensive Driving Quilting Dining Chess Bingo Creative Writers Middle East Tai Chi	8:30 8:30 10:00 12:00 12:45 12:45 1:00 1:00 3:20	15 Taxes Square Dancing AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor	8:30-12:00 9:30 9:30 10:00 10:00 12:00 12:45 1:00 1:00	16 Taxes Live 2B Healthy Vets Coffee Stamping Club Chanhassen Dining 500 Cards Bunco Good Neighbors Spanish	17 Crochet & Knit St. Pat's Party/Dining Pinochle Bingo Woodcarving Spanish JFK Series New Beg. Spanish Dessert & Coffee Concert	18 Live 2B Healthy St. Croix Casino Feed Children For Art's Sake Tai Chi Yoga Hand & Foot Shopping/Aldi's TBA
21 Live 2B Healthy Defensive Driving Quilting Dining Chess The Looney Lutherans Creative Writers Tai Chi NO BINGO	8:30 8:30 10:00 12:00 12:45 1:00 1:00 3:20	22 Taxes AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage Watercolor Cub Pharmacy	8:30-12:00 9:30 10:00 10:00 12:00 12:45 1:00 1:00 1:00	23 Taxes Vets Coffee Live 2B Healthy Stamping Club Dining 500 Cards Bunco Good Neighbors Shopping/Andover Walmart TBA	24 Goldentones Crochet & Knit Book Club Dining Pinochle Bingo Woodcarving JFK Series	25 Live 2B Healthy For Art's Sake Yoga Hand & Foot
28 Live 2B Healthy Quilting Slide Show Dining Chess Bingo Creative Writers Tai Chi	8:30 10:00 10:00 or 1:00 12:00 12:45 12:45 1:00 3:20	29 Taxes AA Meeting Craft Club Stamp Cutting Dining Bridge Watercolor Cribbage Russia Speaker	8:30-12:00 9:30 10:00 10:00 12:00 12:45 1:00 1:00 1:00	30 Taxes Vets Coffee Live 2B Healthy Stamping Club Birthday Party/Dining 500 Cards Bunco Good Neighbors	31 Goldentones Crochet & Knit Mill City Mobs Tour Dining Pinochle Bingo Woodcarving Genealogy	

Mon		Tue		Wed		Thu		Fri	
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4	Defensive Driving Live 2B Healthy Quilting Speaker:Daylight Saving Dining Bingo Chess Creative Writers Red Cross Blood Drive Tai Chi	8:30 8:30 10:00 10:00 12:00 12:45 12:45 1:00 2:00 3:20	5 Taxes AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Cribbage EBooks	8:30-12:00 9:30 9:30 10:00 10:00 12:00 12:45 1:00 2:00	6 Taxes Vets Coffee Live 2B Healthy Mary T. Footcare Stamping Club Dining 500 Cards Bunco Good Neighbors Spanish Tea Talk	8:30-12:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00 1:00 1:30	7 Mary T. Footcare Crochet & Knit Goldentones Concert/Dining Pinochle Bingo Woodcarving Spanish New Beg. Spanish	8 Live 2B Healthy For Art's Sake Tai Chi Yoga Hand & Foot Shopping/Aldi's	8:30 9:30 9:40 10:00 10:15 12:15 TBA
	11 Live 2B Healthy Queen Elizabeth Quilting Dining Bingo Chess Creative Writers Persian Gulf War Tai Chi Defensive Driving	8:30 10:00 10:00 12:00 12:45 12:45 1:00 1:00 3:20 5:30	12 Taxes AA Meeting ACCAP Counselor Craft Club Stamp Cutting Dining Bridge Cribbage Masterpiece Book Club	8:30-12:00 9:30 10:00 10:00 10:00 12:00 12:45 1:00 1:00	13 Taxes Vets Coffee Live 2B Healthy Ho-Chunk Casino Mary T. Footcare Stamping Club Dining 500 Cards Bunco Good Neighbors	8:30-12:00 8:30 8:30 9:00 9:00 12:00 12:45 12:45 1:00	14 Mary T. Footcare Goldentones Crochet & Knit Wonderettes Dining Bingo Woodcarving Pinochle Parkinsons Dessert & Coffee Concert	15 Live 2B Healthy For Art's Sake Tai Chi Yoga Hand & Foot	8:30 9:30 9:40 10:15 12:15
18	Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Tai Chi	8:30 10:00 12:00 12:45 12:45 1:00 3:20	19 AA Meeting	VOLUNTEER RECOGNITION		9:30	21 Goldentones Crochet & Knit Dining Pinochle Bingo Woodcarving Spanish Genealogy New Beg. Spanish	22 Live 2B Healthy Feed Children For Art's Sake Tai Chi Yoga Hand & Foot	8:30 9:30 9:30 9:40 10:15 12:15
	25 Live 2B Healthy Quilting Dining Bingo Chess Creative Writers Tai Chi Out to Dinner	8:30 10:00 12:00 12:45 12:45 1:00 3:20 4:30	26 AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage	9:30 10:00 10:00 12:00 12:45 1:00	27 Vets Coffee Live 2B Healthy Stamping Club Jackpot Junction Birthday Party/Dining 500 Cards Bunco Good Neighbors	8:30 8:30 9:00 9:00 11:00 12:45 12:45 1:00	28 Goldentones Crochet & Knit Book Club Dining Pinochle Bingo Woodcarving	29 Live 2B Healthy For Art's Sake Tai Chi Yoga Ladies Tea Hand & Foot Shopping/ Riverdale Cub	8:30 9:30 9:40 10:15 10:30 12:15 TBA

SERVICES

OUTREACH SERVICE: Patty Marz, with the Anoka County Community Action Program (ACCAP) will now have office hours at the Coon Rapids Senior Center. She can connect seniors with resources in the community to help them remain in their own home as long as possible. She can help with assistance for food support, housing, health care programs, energy assistance, or other questions regarding resources in the community. Stop in on the 2nd Tuesday of each month between 10:00 a.m. and Noon. Or contact Patty at 763-783-4741.

AA MEETINGS: People of all ages are welcome to attend the weekly meeting on Tuesdays at 9:30 a.m.

CHORES & MORE: We'll start taking names for lawn mowing in March. Sadly we are short-handed for workers, but will take your name and information and give you more details at the time you call. Our program changed as of January 1, 2016 in that our clients will now pay our program for services monthly instead of paying the workers directly. During the transition things might be a little confusing please call our office if you have questions. Our program assists with housekeeping, grocery shopping, seasonal outdoor chores, and minor home repairs for adults over the age of 60. Help to those qualified is based on worker availability. We do have subsidy for those in need; this is based on income qualifications and service requested. We are currently looking for independent contractors, and volunteer groups or individuals to assist with different projects for the seniors in Anoka County. If you have questions about the program give Nancy or Char a call at 763-783-4767, ACCAP Chores & More 1201 89th Ave. N.E., Blaine, MN 55434. Email: nshaw@accap.org. Funding support is provided by: Metropolitan Area Agency on Aging, Inc. as part of the "Older American Act", Anoka County, ACCAP, and Private & Public Donations.

COUNSELING: Experiencing sadness or worry? Feeling overwhelmed with stress? Talking with someone who specializes in older adult issues can be helpful in addressing life's challenges such as the death of a loved one, health problems, or a recent move. Therapist, Caroline Johnson, MSW, LICSW (from Volunteers of America—MN Senior Mental Health Services), helps adults, 55 and older, navigate life's challenges through age-specific mental health counseling. Services are covered by Medicare, Medical Assistance, and most major health insurance plans. For more info or to make an appointment, please call (763) 225-4054 or check us out at www.smhvoamn.org. Appointments held at the Senior Center.

eBOOK HELP!: You can get free eBooks from the Anoka County Library at anokacountylibrary.org. Sign up for a free, one-to-one, thirty minute afternoon appointment and learn how to download the books by calling the center. A representative from the Library will meet with you at the Senior Center and show you how it works with your device (iPads, iPhones, Androids, Laptops and Kindle). Bring your device, your device ID and password and your library card and PIN (if you have one). First Tuesday of the month.

HEALTH INSURANCE COUNSELING: Get help with Medicare questions, choosing or changing supplemental carriers, prescription drug cost options, Medicare billing questions, and more! To schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. The insurance counselor will meet you at the Senior Center. This program is not associated with any insurance company and is made possible by the Metropolitan Area Agency on Aging and the Senior Linkage Line.

TRANSPORTATION: Did you know that we have bus transportation to and from the Senior Center for Coon Rapids residents? The suggested donation is 75 cents each way. Please call Cindy at (763) 767-6473 if you would like more information!

GROCERY SHOPPING TRIPS: Take the Coon Rapids Senior Center Bus shopping. You can shop for 75 minutes. The cost is \$3 round trip. Reservations need to be made at least **two days** in advance by calling Cindy at (763) 767-6473. See calendar for dates and stores.

VOLUNTEER OPPORTUNITIES

VOLUNTEER VAN DRIVERS ARE NEEDED AT THE SENIOR CENTER! Call Cindy at 763-767-6518 if you are interested!

RED CROSS BLOOD DRIVE AT THE COON RAPIDS SENIOR CENTER ON MONDAY, APRIL 4. Call (651) 291-4607 for an appointment.

FEED MY STARVING CHILDREN, FRIDAY, MARCH 18 AND APRIL 22: Pack meals for children around the world! Volunteers need to stand for two hours, although there are some sitting positions. Wear close-toed shoes. No jewelry allowed. If you are ill or have any food allergies, you are asked not to attend. Meet the group by 9:30 a.m. at their building located at 401 93rd Ave in Coon Rapids. To sign up, call Senior Services at (763)767-6473. If you need to cancel, please call the center.

THINGS TO DO



WATERCOLOR CLASS

TUESDAYS, MARCH 8, 15, 22 & 29
1:00 P.M.—4:00 P.M.

Bring your enthusiasm and learn this fun, spontaneous and versatile medium. Join instructor Helen Smith as she teaches you basic watercolor painting and techniques. No experience necessary—only your desire to learn. Paper and some materials will be provided. A supply list for other items can be picked up when you register or you can request one to be mailed to you. Cost for all four sessions is \$60.00. Does not include the cost of items on the supply list. Payment is due Tuesday, February 23. A sample of the painting is on display at the Senior Center. **Sign up immediately. Space is limited.**

¿CLUB DE ESPANOL

¿Habla usted un poco de espanol? Vamos a leer cuentos cortos escritos por autores hispanicos y espanoles. If you can read the above sentences you may want to join our Spanish Club at the Coon Rapids Senior Center on the 1st and 3rd Wednesdays of the month at 1:00 p.m. No cost. No reservation needed.

FREE SPANISH CLASSES COON RAPIDS SENIOR CENTER

1st & 3rd Thursdays at 1:00—Second Year Class
1st & 3rd Thursdays at 2:15—New Beginner Class
No cost to attend. No reservation needed.

VETS COFFEE

**Come join other Vets
For coffee, snacks,
conversation and
visiting. Every
Wednesday morning
8:30 a.m.—10:00 a.m.
All Vets Welcome!**

BOOK CLUB

Everyone is welcome to join the Book Club on the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed.



March— **Go Set A Watchman**
by Harper Lee

April—**In The Unlikely Event**
by Judy Blume

TAKE NOTE

VOICE OF EXPERIENCE DELIVERY METHODS

Please note that there are four ways to receive your Voice of Experience Senior Newsletter:

1. Online free at the City of Coon Rapids Website www.coonrapidsmn.gov
2. Emailed free to your email address
3. Pick up a free copy at CRSS
4. Mailed to your address (a donation of \$10.00 per year is suggested).

COLLECTION SITE

Did you know that the Senior Center collects the following items?

- ♦ Hotel Samples of soap, shampoo, lotions, toothbrushes and toothpaste go to International Health Service of MN who, in turn, sends it to Honduras.
- ♦ Used eye glasses go to the Lions Club and are refurbished and distributed around the world.
- ♦ Box Tops for Education, Kemp's milk lids, Campbell's Soup Labels and printer cartridges go to Hamilton Elementary for school supplies.
- ♦ Hygiene products, batteries, and gift cards go to Stepping Stones (shelter for young homeless adults).

SCENT FREE ZONE-When visiting the Senior Center, please keep in mind that some seniors are sensitive (and even have allergies) to perfumes and scented products. **Thank you!**



DON'T FORGET!

Change your clocks before you go to bed on Saturday, March 12 and make sure your smoke alarms are working properly!

CARDS & GAMES

No registration needed. Just come in and join in the fun!

BINGO: Mondays & Thursdays at 12:45 p.m.

CRIBBAGE: Tuesdays at 1:00 p.m.

BRIDGE: Tuesdays at 12:45 p.m. Call 755-0008 or 421-9518 **for reservation.**

'500': Wednesdays at 12:45 p.m.

BUNCO: Wednesdays at 12:45 p.m.



**HAND & FOOT
CARDS:** Fridays at 12:15 p.m.

CHESS: Mondays at 12:45 p.m.

PINOCHLE: Thursdays at 12:30 p.m.



SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT

We have survived the snow and cold so far this winter, and spring is not so far away. We are hearty Minnesotans!

We welcomed new members: Mary May and Marge McNerny at our January and February meetings. We hope that more of you will join our "Super Senior" Club soon.

Our meetings are held the first Friday of each month at 10:00 a.m. You are welcome to join us as a "visitor" and see what we are all about. There is entertainment in March, April and May. Refreshments are always served.

Grants of \$250 each were approved at the February meeting for Early Childhood Family Education, Hope 4 Youth, Stepping Stone, Northdale Middle School (for their food shelf), Sorteberg School (for special needs), CEAP and Hope Church.

Thanks to Mary May who has agreed to co-chair next year with Joyce Ulmer. We are still in need of a chairperson for the 2016 Bazaar in November. Please call Bernice at 763-767-1972 if you would be interested.

Thank you to Joyce Kirkpatrick for volunteering to help call members to remind them of the next meeting.

Our next meeting is Friday, March 4 at 10:00 a.m. The Kitchen Kut-Ups will entertain followed by refreshments. Please plan to attend!

BERNICE OLSON
PRESIDENT



24TH ANNUAL

ANOKA COUNTY CRIBBAGE TOURNAMENT

WHEN: FRIDAY, APRIL 15, 2016 START AT 1:00 P.M.

WHERE: MARY ANN YOUNG SENIOR CENTER (BLAINE)—PHONE: (763) 786-9375

WHO: OPEN TO ANOKA COUNTY RESIDENTS (55 AND OVER)

COST: \$14.00 PER COUPLE (INCLUDES GENEROUS SNACKS, DESSERT AND PAYBACK PRIZES)

DEADLINE: REGISTRATION AND PAYMENT DUE FRIDAY, APRIL 8. (SPACE IS LIMITED). CALL (763) 786-9375 FOR MORE INFO.

COMMUNITY CORNER

REIMBURSED SENIOR VOLUNTEER POSITION AVAILABLE: The Coon Rapids Senior Companion Program is seeking volunteers who are 55+ years and who are willing to help others as friendly visitors in their homes and outings in the community. Tax-free stipend, mileage reimbursement and other benefits. Contact Sara Koch at (651) 310-9448 for more information.

SENIOR SURF DAY: Seniors are invited to a FREE session at the Northtown or Rum River Libraries on how to use a computer and surf the internet. Registration required! The Northtown Library offers their sessions on the 3rd Friday of the month, 9:30-11:30 a.m. Call (763) 717-3267. The Rum River sessions are on the 1st Wednesday of each month from 1:00-3:00 p.m. Call (763) 576-4695.

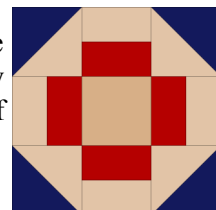
SENIOR DANCES/LIVE MUSIC: Coon Rapids American Legion, 11640 Crooked Lake Blvd from 1:00-4:00. 2nd Wednesdays. Call 421-6260 for more information.

PAINT-A-THON: Metro Paint-A-Thon helps low-income seniors continue to live independently in their own homes. Teams of volunteers paint home exteriors for those who can no longer do such maintenance and cannot afford to hire a contractor. The painting is usually scheduled for sometime in August. To see if you qualify, call 612-276-1579.



SNAP: Do you know using SNAP will save you money? If your total gross monthly income is less than \$1,619 for one person (or \$2,191 per couple), you may qualify! This program also includes deductions for medical costs including supplemental insurance premiums, RX and MD co-pays. It's simple to use. All calls are confidential and secure. Call Penny (ACCAP SNAP Specialist) at 763-783-4929 for a quick, free screening.

THANK YOU: On behalf of the University of Minnesota Masonic Children's Hospital, we wish to thank your Monday morning Quilting Club for their recent generous donation of lovely handmade quilted blankets! Your donation will be used thoughtfully to benefit the experience of our pediatric patients and families.



COMING IN MAY...ANOKA COUNTY SENIOR EXPO

SATURDAY, MAY 7: 9:00 A.M.—NOON

Lord of Life Church, 14501 Nowthen Blvd., Ramsey, MN

ASSISTANCE WITH PROPERTY TAX & RENT REFUNDS

Coon Rapids Senior Center

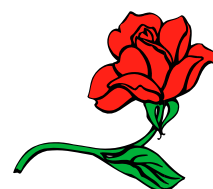
Monday, May 23: Noon—4:00 p.m.

Wednesday, June 8: 8:00 a.m.—Noon

Thursday, July 21: Noon—4:00 p.m.

IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Marilyn Anderson, Earl Gerads, Norma Hanson, Norma Hazelton, Joyce McLaughlin, and Mary Lou Trebesch.



VOLUNTEERS OF AMERICA SENIOR DINING



OPEN: 9:00 A.M.—1:00 P.M. MONDAY—THURSDAY
LUNCH SERVED AT: 12:00 NOON
SUGGESTED DONATION: \$4.00 (with NAPIS form on file)
(Under 60 years old is \$7.00)
CALL: (763) 767-6524 by noon, **AT LEAST** three business
days in advance, (does not include Fridays) for a reservation.
Current NAPIS form must be on file to participate.

BIRTHDAY CELEBRATIONS

Join us as we celebrate birthdays! Live entertainment begins at 11:00 a.m. Then enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing too. Thanks to Culvers of Coon Rapids, Land O' Lakes and the Coon Rapids Super Senior Club for donating prizes. Suggested donation for this event is \$4.00 and can be paid upon arrival! Everyone is welcome to join us by making a reservation at least three business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

WEDNESDAY, MARCH 30

Jim Berner

Pop, Country & Jazz

*Register no later than noon on
Thursday, March 24*

WEDNESDAY, APRIL 27

Larry and Bev Rose

Good Old Country Music

*Register no later than noon on
Thursday, April 21*

★ **HAPPY** ★
BIRTHDAY!

ST. PATRICK'S CELEBRATION!

THURSDAY, MARCH 17

Everyone is Irish on St. Patrick's Day, so wear your green and join us for the fun. The fun begins at 11:00, as we enjoy the Goldentones Choir Leprechauns and tap our toes to Irish medleys for St. Patrick's Day! Then we'll enjoy a noon meal. Make your reservation before noon on Monday, March 14 by calling (763) 767-6524. Suggested donation for this event is \$4.00.



GOLDENTONE'S CHOIR

SPRING CONCERT

THURSDAY, APRIL 7

The Goldentones Choir performs a special concert at nursing homes, assisted living facilities and senior apartments through the year. Now they're going to perform that same concert for us! Make your dining reservation before noon on Monday, April 4 by calling (763) 767-6524. Suggested donation is \$4.00.



VOLUNTEERS NEEDED!

Senior Dining needs assistance setting tables, scooping, serving and running the dishwasher. If you would like to help with any of these tasks, please contact Betty at 763-767-6524.

Menus are available in the brochure rack next to the Senior Center information counter!



11155 Robinson Drive
Coon Rapids, MN 55433-3761

ADDRESS SERVICE REQUESTED

**Need to be removed from
our Mailing List? Call us
at (763) 767-6473.**

COON RAPIDS SENIOR SERVICES: (763) 767-6473

OFFICE HOURS: MONDAY-FRIDAY 8:00 A.M.—4:30 P.M.

PROGRAM SPECIALIST—KRIS NIEBLER (763) 767-6473

PROGRAM ASSISTANT—CINDY OLSON (763) 767-6473

SENIOR DINING PROGRAM —BETTY FOUST (763) 767-6524

FACILITY RENTAL—LORI ANDERSON (763) 767-6522

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.



2016 DESSERT & COFFEE CONCERTS

Concerts begin at 7:00 p.m. at the Coon Rapids Senior/Civic Center, 11155 Robinson Drive. Enjoy an evening of music, dessert and beverage—all included in the admission. Seniors (65 and better) and children (12 and under) are \$6.00, other adults are \$8.00. Receive a \$4.00 discount when you purchase all four concert tickets. Advance ticket sales are available at the main receptionist desk in the center of City Hall. Tickets can also be purchased at the door on the night of the event (unless it is sold out in advance). Call (763) 767-6493 for more info. Sponsored by the Coon Rapids Arts Commission.

Thursday, March 10: **Locklin Road** (*Celtic*)

Thursday, April 14: **The Bill & Tom Show** (*Variety*)